



DECEMBER 2015

Maryland WIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Judy Yankelove and Heather Armstrong, the Lactation Consultants, are available to assist with breastfeeding by appointment and by phone. Contact the breastfeeding support WARM Line @ 410-396-9427. Monday through Friday from 8:30 am - 4:00 pm. (Baltimore City)</p>		1	2	3	4	5
	6	7	9 Prenatal/Breastfeeding Preparation Classes, 11 am-12 pm. Held at all BCHD WIC locations. Open to all pregnant participants, dads and family support.	10	11	12
	13	14	16	17	18	19
	20	21	23 Prenatal/Breastfeeding Preparation Classes, 11 am-12 pm. Held at all BCHD WIC locations. Open to all pregnant participants, dads and family support.	24	25	26
	27	28	29	30	31	



JANUARY 2016

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10	11	12	13	14	15	16
17	18	19	20 Prenatal/Breastfeeding Preparation Classes, 11 am-12 pm. Held at all BCHD WIC locations. Open to all pregnant participants, dads and family support.	21	22	23
24/31	25	26	27	28	29	30



FEBRUARY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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21/28	22/29	23	24 Prenatal/Breastfeeding Preparation Classes, 11 am-12 pm. Held at all BCHD WIC locations. Open to all pregnant participants, dads and family support.	25	26	27